



NOTES



"Wharap wai jor meopod
or u haaf?" attitude

TOMMY BOYD

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Win two tickets to see
Thor: The Dark World

Page 24



Great food & personal service
 await at Bell's Chockles.

BOOK REVIEW

Page 26

Selsey 'torturer' does porridge

➤➤ *Man who forced victim to drink urine in homophobic attack, has jail sentence lengthened*

MANAGING EDITOR
 Susan M. Branson, *University of North Carolina*

ANSELMO MANI who tortured and humiliated his victim during a prolonged attack involving homophobic hostility has had his jail sentence increased by three years.

Donald Cameron, 53, from Selkirk, West Sussex, attacked the unnamed 33-year-old when the victim was alone at home for breakfast on Tuesday.

In an ordeal lasting around two-and-a-half hours, the man was repeatedly assaulted, had blood poured over him, was forced to drink urine, and had salt granules rubbed in his wounds.

Casson, who was under the

influence of alcohol and cocaine at the time, admitted that his return was gay and urged him to admit he had committed a sex act with a minor.

He made the man-order to his demands and ordered him to accept the ultimatum as he captured it as a mobile phone.

The writer was also forced to remove limitations which made him feel "humiliated and frightened".

Continued on page 9



The letters were attached to the envelope flap and were not seen when the envelope was opened on April 22.

MORE HEADLINES 309

SOCIAL MEDIA COVENANTS
FOR CHURCHES AND DISTRICTS
(www.iamc.org)

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CONGRATULATE STUDENTS
ACHIEVING 100% FROM
UNIVERSITY OF CHICAGO

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WILL-ERIKSON AUTHOR:
PRICE FORTNITE
 Released 10/20/2011

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Witnesses sought after rock thrown at car near Chichester

POLICE are appealing for witnesses after a motorist driving west on the A30 between Chichester and Emsworthy at about 4.30pm on Friday, November 1, had a rock thrown at her convertible car, smashing the windscreen.

The woman and her husband, whom a passenger in the vehicle, were showered in glass but escaped injury. The woman managed to safely stop the car at a nearby lay-by.

The incident occurred as she was driving towards a bridge which has a sign at its entrance four miles to Havant. The rock was thrown from the bridge.

PC Andy Richardson said: "This was an extremely dangerous thing to have done and it is fortunate no-one was hurt or even killed."

"The bridge carries a farm track over the A30 between Woodmancote Lane and South Lane in Southbourne. It has

roadway between the Stone Road and Broad Road bridges. Anybody who saw anyone behaving oddly on the bridge or on that area is asked to get in touch."

Anyone with information should phone Sussex Police on 101, quoting 1009 of 1/13, or e-mail 101@sussex.police.uk. Alternatively, call the independent charity Crimestoppers anonymously on 0800 055 111.

Two arrested in Hunston drugs operation

OFFICERS from the Chichester Neighbourhood Policing Team, assisted by the Local Support Team, executed a drugs warrant at a house in Broad Chase, Hunston, near Chichester at 9pm on Tuesday 29 October.

Harris and Gwili Cousins with an estimated street value of over £20,000 and a quantity of cash recovered.

Two people were arrested at the address.

Paul Hague, 19, of coded address was charged with possession of Class A drugs with intent to supply. He appeared at Chichester Magistrates Court the following day and was remanded in custody to appear at the same court on Friday 29 November.

A 36-year-old woman who was arrested on suspicion of supplying Class A drugs was released on police bail until Saturday 14 December while

enquiries continue.

PC Martin Price from the Chichester Crime and Operations team said: "We will continue to actively target individuals suspected of bringing drugs A drugs into the Chichester area. We will also work closely with partner agencies, including local law enforcement, against anyone who allows any such drugs to use their properties."

Men send children indecent images using phone app

PARENTS are being warned to monitor the app being downloaded by their children after young girls were sent sexually explicit messages.

The 10-year-olds, both from the local area, had downloaded Apple's iMessage app without the knowledge of their parents.

The app allows people around the world to send text messages to each other without necessarily using a mobile phone.

The children began using the app to talk to a number of people who claimed to be men, and who used the girls to send them sexual photographs of themselves.

The men sent explicit messages and indecent images of male body parts and requested their parents for the girls to return the favour despite the children telling them their age.

Earlier this year Sussex Police issued a warning after reports of similar incidents involving the social messaging system iMessage.

Lucy McElroy, from the response investigation team, said: "All of these men were able to hide behind screen names to preserve their anonymity and prevent the children knowing who they were talking to."

"The two girls are both shocked and very upset about what happened. We know about their case because their parents found out and contacted us but there could be other young girls who are being targeted but who know little to themselves."

"One of the men admitted to contacting the girls through a computer using iMessage but they refused to talk to him."

"It is unclear how old these men have been approaching the children, only one or whether they have asked for the images under their own entertainment or to pass on to others."

"We are concerned they may pose a risk to them."

"I would urge parents to speak to their children to warn them about the dangers of sending friends online, sending indecent images of themselves and in particular agreeing to meet people who they have only met online."

Anyone who has any information about adults contacting children online anonymously should call 101, email 101@sussex.police.uk or call the independent charity Crimestoppers anonymously on 0800 055 111.



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Record Office announces new workshops for family historians

A series of workshops has been organised for people who want to trace their family tree.

The 'Valley View' sessions, which are aimed at beginners, will be run by staff at West Sussex Record Office in Chichester throughout 2009.

The workshops will be held at 10am on the first Wednesday of each month, starting on 4 January with an introduction to reading old handwriting.

On 15 February, participants will be introduced to the popular family history websites, FamilyTree and Findmypast, and by 15 October to the DVD 'The Do You Think You Are?' series and available free of charge at the Record Office.

Further sessions will look at the range of online sources available at the Record Office, which date from as early as

1840, and how best to use them for family history research.

West Sussex County Council Cabinet Member Lord Renshaw, who is responsible for the Record Office, said: "These sessions were extremely popular last year so we're running them again in 2009. They're great for anyone who is new to family history and wants to find out what resources are available and how best to use them."

Anyone interested in signing up for a workshop is advised to book early by calling 01243 870000 or e-mailing records@wscouncil.gov.uk.

Each session costs £5 and includes refreshments. For more information, visit the Record Office website (www.records.wscouncil.gov.uk) and click on 'courses and events'.

Trust marks new chapter for music making in West Sussex

A new charitable trust will take over the running of various services in West Sussex from next month.

Called 'West Sussex Music' the trust will have its headquarters at the Harbour Theatre in Brighton. As a not-for-profit charitable trust it will take on the responsibility for shortlisting staff and providing music lessons for all ages, pupils in the county's primary and secondary schools.

The County Council's music service goes back over 50 years and has established an excellent reputation for making music. The decision to transfer responsibility to a trust was taken in order to secure the long-term future of the service and to open up new and exciting opportunities.

Existing teaching staff will be retained and will transfer to the Trust. Pupils will not notice any difference in the way their teaching and lessons are delivered.

Peter Evans, West Sussex County Council's Cabinet Member with responsibility for the Music Service said: "The creation of West Sussex Music marks a new and exciting chapter in a history which has an unparalleled reputation and a long tradition in making music. "I am sure the Trust will continue to build upon its enviable legacy. The advantage of being an independent charitable company will enable it to embrace new and exciting initiatives."

James Underwood, the Chief Executive of West Sussex Music, said:

"We will continue to ensure that every child in West Sussex has access to high quality music education. Our staff and tutors will work with enthusiasm and dedication to meet the needs of all young musicians and the aims of the government's National Plan for Music Education."

"We will work closely with schools, parents and partner organisations to ensure a vibrant and varied programme throughout the county."

"Although the high quality teaching that our talented staff do will seek to improve, throughout the year, a wide range of musical opportunities and events to suit all ability levels and tastes."

• OFWIL also, one lesson in West Sussex are mentioned to be at risk of flooding this year.

With this in mind, the Flood Risk Management Group is launching new measures to protect residents and property threatened by the threat of flooding.

In West Sussex the risk of flooding may come from rivers, coastal water, surface water and water hidden in the ground.

Due to climate change the risk of flooding will increase as sea levels rise, winter rainfall increases and flash storms become more frequent.

This means more people will be at risk from flooding.

Flood protection measures are in place on many rivers across the county, however the risk of flooding cannot be completely eliminated, nor can flood damage be entirely prevented.

West Sussex County Council Cabinet Member for Highways and Transport, Peter Blythe, said: " floods have been a problem here, which is unfortunately what happened to people in parts of West Sussex last summer."

"Floods are a complex and

unpredictable problem, so residents must prepare themselves and their homes against the threat of it happening."

For more information visit www.westsussex.gov.uk/flooding or follow @FloodNews on Twitter.

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Down on the farm Tudor-style



WHEN AN AWARD-WINNING living history film-making team wanted to recreate an authentic portrayal of life on a 16th century Tudor Manorial Farm, for a new BBC television series they headed off to the Essex countryside for inspiration.

And they found the perfect backdrop in the stunning medieval setting of the 14th & 15th century Open Air Museum at Singford near Chichester, where more than 500 re-created historic buildings fill the landscape, bringing the past to life. Lisa Davidson, who produces

manorial life, Ruth and Peter have been household fixtures across the landscape of genuine living history farm scenes, which have recreated life on Victorian, Edwardian and wartime farms. The award-winning group scenes have been a featured as

international audience and opened a string of best-selling books.

That time they are dressing Tudor costumes as the clock is turned back to 1500 and the reign of Henry VII. From sheep farming and harvesting to building a printing press and building a Tudor clock, the trio have been put through their paces to give viewers an authentic glimpse into life on the farm and on the farm.

The series will also explore the intricacies of the social structure of the period, covering the relationship between the lords, the lay workforce and the wider manorial community.

Local TV Executive Producer David Updell said the programme was "here a go" history.

"It's about what life would have been like for the likes of you and me - ordinary people going through day-to-day challenges of what to eat, what to wear, how to ward off sickness and how to maintain a home, the most pressing basic of human survival."

Manorial Director Richard Piddock revealed that he first suggested filming a manorial Tudor farming at the Museum a

couple of years ago to presenter Ruth Goodwin, who is a regular writer and historian across period clothing sites.

"Our buildings have a strong focus on the Tudor period, especially English, our main agricultural Museum hall houses from Chiddington in Kent," he said. "One of the last 100 years have also developed a farmstead that would be typical of the early years of the perfect backdrop for filming of the land."

Several other of the Museum's buildings will also feature in the series, and their authenticity meant that the changes were required.

But it isn't only the buildings that will make an appearance. Many members of staff and Museum volunteers donated historic costumes to take part. "It will be amazing watching the finished film, but it's a great showcase for dressmakers and we're hoping it will create a lot of interest," said Mr Piddock.

Tudor Manorial Farmhouse on BBC Two on Wednesday 13th November at 8pm with a Christmas Special to be aired.



Friends in Mind Dementia Support

This is a new planned programme of different and stimulating regular events, recognising the needs of those people living with an early/moderate stage dementia who feel their social life may be slipping away. Carers also welcome.

November Programme

Friday 29 November - Owls About Town 1.00pm - 3.30pm

at St Pancras Parish Hall, 101 St Pancras, Chichester
(car park opposite the Newell Centre, Riverside, Tozer Way).

Come and meet some friendly owls (2pm). Find out about forthcoming events and local services available to help you. Meet others and socialise over a cup of tea.
Contribution - £3.50 per person to include refreshments.

For further details, or if you would like to attend, phone Rayner on
07507 164859 or email raynerwaszki@hotmail.co.uk

An initiative of the Chichester and Bognor Dementia Care Forum Supported by Healthier Chichester Partnership,
Chichester Area Mind, Carers Support West Sussex, Alzheimer's Society and the people of Chichester.



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New service to support the 80,000 carers in West Sussex

CARERS living in West Sussex who look after family or friends who are ill or frail will now have access to a new service to help them improve their own health and wellbeing.

There are an estimated six million unpaid carers in the UK and 80,000 are based in West Sussex. Carers provide essential care and support for some of the most vulnerable people in our communities. They often carry out tasks and responsibilities that can compromise the health of both the carer and the care recipient and impact on quality of life.

Our Carers Health Team can visit carers in their own homes and check their general state of health and wellbeing. They can offer advice about how to stay healthy and how to access a variety of health services.

This new service, available to all carers and some of carers in West Sussex, is staffed by trained health professionals who work closely with other NHS specialist services and ensure health screening and where appropriate access to NHS health checks are available for all

Olympians awarded scholarships from University of Chichester

OLYMPICIAN and athletes studying at the University of Chichester have been awarded scholarships to help maintain their academic work and sporting careers.

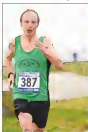
The group, which include London 2012 competitors and former world champions, will receive financial support for travel to competitions and free physiotherapy in the event of injuries.

As part of the Global Athlete Programme students will also work with experts from the University's Sport and Exercise Sciences Department, who have previously assisted Jamaica's Olympic 100m sprinter Yohan Blake and world champion boxer Amir Khan.

Athletes are selected each year by the University and national and international associations based on future potential or regional, national, or international standing in their sport.

This year's list includes long-distance runner Ben Rhys, the England's fastest 100m sprinter Tom Scott, the highest standing fencer at the London Olympics, and former world champion Michaela Lippert.

Also on the programme are wheelchair table tennis player Tyrone Swail, Olympic triathlete Emma Loughran, as well as Alex Harrison, the



This year's list includes long-distance runner Ben Rhys, the England's fastest 100m sprinter Tom Scott, the highest standing fencer at the London Olympics and Royal Yachting Association world champion Heide Park.



opening batsman for England's Sheffield Shield team.

This group also includes Team GB triathlete Adam Mitchell, Royal Yachting Association world champion Heide Park, as well as Olympic chess player Tom Scott.

Deputy Vice-Chancellor Dr Sarah Clancy, a former England

soccer coach, said: "By providing our students support to our sports scholars, it helps them to undertake their academic studies while maintaining to aim for national and international success."

"This scheme also gives our rising student sports stars access to the professional services of the

University Sports Performance and Rehabilitation Unit, known as SPUR, which is also available to external clients from amateur to Olympic squads."

To find out more about the University's scholarship programme visit www.uo.ac.uk/global_athlete

MOVEMBER is back with the Nuffield Health Chichester Pros growing their Mo's and educating men locally about what they need to know about...



STAFF from the Nuffield Health Chichester Hospital, Pitman & Milling Centre, and The West Sussex Gynaecology group have joined forces to raise even more money for Movember and encourage adults local men about important

men's health issues and encourage they should ignore.

Not only will the women be growing their moustaches to get people talking, they will be holding an education event, open to all, and hosted by Dr David Dr

get involved and also support for Movember by raising awareness of prostate and testicular cancer as well as important mental health issues. Men need our patients and people of Chichester to be better informed and understand the

symptoms as well as the dangers of leaving a diagnosis to chance.

As Emily Smith, business manager from Nuffield Health Chichester Hospital, Chichester said: "I think it's worth women knowing about men's health too, it's often the persistence of a wife or girlfriend that gets their men to go and get things checked out."

The team at Nuffield Health Pitman & Milling Centre is supporting Movember with their Men's Health Challenge. The club will be supporting the highly successful campaign of last year by holding the last month's events in male members.

The last Movember will receive a top-value pump package from their in-house beauty business Complete Men's Line. Sales & Marketing Manager at the club, said: "We are really excited about this year's campaign and really does bring men's health into the awareness for such a great cause."

The event is open to all men in the club in November with

a complimentary gynaecology, available by contacting the team on 01243 955070, before the 31st of November. Please quote 'Men's Challenge' to claim your 3 day pass.

Prostate cancer is the most common cancer in men. Each year in the UK about 35,000 men are diagnosed with prostate cancer. It accounts for 15 per cent of all newly diagnosed cases of cancer in men. The chance of developing prostate cancer increases as you get older. Most cases develop in men aged 70 or older.

Testicular cancer affects more than 1,000 men a year in the UK and, although it is one of the less common cancers, it is usually found in young men between the ages of 20 and 40. More than 90 per cent of testicular cancers are successfully treated when diagnosed at early stage, the earliest stage, but this reduces if the cancer has spread to other parts of the body.

Visit <http://uk.movember.com/men/2012>

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CHICHESTER HERALD REPORTS BY MICHAEL

Go Wild with Ed

Wildlife
As mentioned last month, it looks like Black-bellied Gulls have had a good breeding year. Baby gulls can be identified by white stripes on their wing feathers. They are already molting, and the old feathers are being replaced by white stripes on their wing feathers. They are already molting, and the old feathers are being replaced by white stripes on their wing feathers. They are already molting, and the old feathers are being replaced by white stripes on their wing feathers.



winter can show it there! The maximum count of nests has increased again to over 100,000, and the count has not yet started.

Insects

It is the cold conditions that hardly insects are still on the wing during winter periods, but there will soon be a great deal of activity. The commonest are some species of moth. The majority of moths do not fly in the winter months but some species do. Some species do not fly in the winter months but some species do. Some species do not fly in the winter months but some species do.

Plants

As yet there is not much snow falling. Colours are provided by berries and the changing of leaf colour prior to shedding by deciduous trees. The Gulls are just starting to form public lawns, Field Hedges, bright yellow and Golden Rods, and. Despite the snow at the end of October there is still a lot of leaf on trees, but some enough they will drop during just a few days of snow.

Plant: Impatiens Fendleri, North American species (photo: Dick Quackenbush)

Well-known author visits Portfield Primary Academy for special workshop

PORTFIELD Primary Academy in Chichester recently enjoyed a special visit last Thursday when popular local author Gail Poley-Phillips popped in to lead a workshop with the children.

Each term, Portfield Primary Academy hosts a creative and engaging whole school learning event. The visitors bring focus to Year 1/2's 'Time', which has been the school's theme for the year. The school transformed into a magical storytelling wonderland - classrooms have been turned into scenes from famous stories including Alice in Wonderland, King Arthur and The Lion, the Witch and the Wardrobe.

Gail, who has been a writer for over 20 years, has written a series of wonderful children's books and is now preparing for one of the most popular titles, The Princess and the Pea, to be turned into a feature film. She was joined by her husband, who is also a writer.

He said: "It was great to see the children's enthusiasm and there are definitely some budding young writers at the school. I think it is tremendously important that children are encouraged about the



need to spend time reading and writing and it was a pleasure to be invited by Portfield Primary Academy to host a workshop with the pupils."

During the workshop pupils learnt about how Gail became a writer, including her experience of writing, before making a story plan of their own. He also read extracts from his books including The Princess and the Pea, The Princess and the Pea, The Princess and the Pea, The Princess and the Pea.

Head teacher of Portfield Primary Academy, Mr Daryl Poley, said: "The pupils were very inspired by Gail's workshop and how all and how much they enjoyed it. Our autumn theme of 'Once Upon a Time' is designed to encourage the children to learn more about storytelling and the importance and joy of reading, and we have been thrilled to see the children taking part in the activities we have planned for this term."



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PHOTOGRAPH BY MICHAEL JONES

Playful young cats need a new world to explore

OUR HULLBORN rehoming day was a big success, as half of our last rehoming day so far. We had about 20 cats rehomed, most of which have now already gone to their forever homes. The next rehoming day is on the 21st of November between 10 am and 12 pm. It will be the last rehoming day that year, if you're interested in adopting a cat why not come along.

Kneazey and Kneazey are congenial litters that have been with us since they were 8 weeks old. They are now 10 months old and have been waiting patiently for a new home. They arrived with us on the 20th June 2009 because they were too young to be rehomed and would no longer cope with looking after them. The last two of their litter they are really close to, they are playing with each other then they're cuddled up asleep together. They have been really happy home spent most of their lives with us, so that they are now desperate to have a new home with more space to play and an outdoor world to explore.

Handmade of cups and bottles



Kneazey and Kneazey are congenial litters

are waiting for homes now. The rescue cats for a minimum duration of 14 days each, rehomed cat or older litters which include vaccinations, flea and worm prevention, microchipping and FIVe/FeLV testing for a week. As the rehomed young or litters in 10 weeks, a free rehoming voucher (to be returned at the Centre) for when the litters are old enough.

Rehoming by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holford Lane, Chichester, Chichester, PO19 1JL. www.crrcc.co.uk, Tel: 01243 664 499

New AONB manager appointed

CHICHESTER HARBOUR CONSERVATION has announced the appointment of the new Area of Outstanding Natural Beauty (AONB) Manager, Dr Richard Austin. Richard brings with him a wealth of knowledge and experience in protected area management.

Richard was brought up in Hampshire and worked Chichester Harbour throughout his childhood. From then, his career has taken him all over England, learning about the policy and practice of environmental management. His last post was at Northumberland National Park, where he spent over seven years working in conservation. During this time he developed a portfolio of environmental achievements, including supervising over 100 environmental development handovers and working closely with the Heritage Lottery Fund on the proposed development of a new nature centre on Hinderwell Hill. Outside of work, he is currently completing his doctorate on rural partnership working at Newcastle University. Richard said: "Chichester Harbour AONB is a special place

It is a valuable resource for South East England, with its distinctive qualities, making the environment of national and international importance. It is an exciting time to be joining Chichester Harbour Conservancy. Next year we will publish our five year management plan for the future, which will outline all our plans to help us to look after the protected area. Meanwhile, we will also be celebrating 100 years as 100th anniversary of being an AONB."

Peter Marney, Conservancy Chairman said: "We are looking forward to welcoming Richard to his new role and challenging him to ensure the future of the AONB. We have a developing programme ahead of us and Richard's appointment will bring our plans and opportunities."

Chichester Harbour Area of Outstanding Natural Beauty is one of 35 AONBs in England. An AONB is an area of high scenic quality



which has statutory protection in order to conserve and enhance the natural beauty of the landscape. Chichester Harbour AONB is one of the few remaining undeveloped coastal areas in Southern England. The bright wide flat expanse and extensive coastline, a major wildlife haven and some of the most popular boating waters.

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Chichester Business

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First Partnership that makes life easier for businesses

MEET Sussex Trading Standards has signed its first partnership – with Alan Goring, one of the largest independent estate agents in South East England, with more than 500 branches.

The First Sussex based business which operates across many counties has recently agreed up to a Primary Authority partnership which will simplify the way they are regulated by Trading Standards officers and help cut red tape.

A Primary Authority Partnership is a Government backed scheme which benefits businesses by providing shared advice, consistency of regulation and reduces duplication of inspections and paperwork.

Over 100 companies have joined this scheme, the advice provided by the Trading Standards officers is performed by a single officer at Alan Goring's headquarters for areas where they do business.

Alan said of company one joins the scheme, and the advantage is that advisers talked to met the individual businesses, with the assurance that it is reported by all local regulatory "explained Alan Goring, a First Sussex.

County Council Cabinet Member responsible for Trading Standards. "It's willing to provide other regulators with evidence of compliance, helping the business to reduce costs and avoid the need to deal with multiple regulators."

Loretta Strong, Compliance & Client Liaison Director for Alan Goring, said: "It is an essential to providing our customers with the highest level of service to ensure that these demands move more smoothly as possible and believe that this starts with responsible and compliant working practices. The Primary Authority Partnership will allow us to seek advice on any aspect of the regulatory governing our industry which can only benefit our business and customers. Chichester's commitment through our authority that our business and approved our working practices is based to assist in reducing any unnecessary complexity."

Alan Goring's business company interested in joining the scheme, or seeking more information, can call Trading Standards on 01243 840000 or email tradingstandards@westsussex.gov.uk.

Leading businesswomen inspire young women to become next high-flyers

TOP businesswomen from across the UK will visit the University of Chichester next week to encourage young women to become the country's next high-flyers.

Six star female leaders from global business and finance, including Deloitte and Accenture, will be speaking to more than 400 First Sussex and Hampshire pupils on Wednesday 10 November at the University's Inspiring Women Conference.

The event is part of the institution's ongoing focus of raising aspirations and inspiring young women to consider non-traditional careers and reach their full potential.

From the opportunity gap in housing advice for female students in the city, the University has a heritage of intervention or debate about female equality.

Female authority leaders from the public and private sectors, including Dame Frances Chantler, head of human rights organisation Women for Women International, will present their own successful as a led to inspire the pupils.

Deputy Vice-Chancellor Sarah Gilling, who will be opening the

conference, said: "This is a great chance to inspire a new generation of young women by encouraging them to consider careers they may never have thought of before."

"There is a broad spectrum of leading businesswomen, each working within the highest levels of their organisations, who will be speaking at the event."

"This is an ideal opportunity for the students who are all aged between 14 and 18, and anyone old, connect with them and learn from their experiences on the workplace."

The event will begin with a networking breakfast for the pupils, after which they will listen to the keynote address by a senior figure from one of the organisations, before identifying their own skills and potential before lunch.

It is also linked to coincide with Global Entrepreneurship Week, held each year between November 1st and 10th, which encourages young people to start their own businesses. To find out more about the conference, including a list of speakers, visit www.womenforwomen.org.uk or contact info@womenforwomen.org.uk.

Alternatively, for more on Global Entrepreneurship Week, go to www.gew.org.uk.

Veritas Procurement Services hosts Phil Packer who shares his vision with Chichester Businesses

VISITING PROCUREMENT SERVICES, the Chichester based health and social care consultancy based on a mission of networking for Chichester Chamber of Commerce members, where Phil Packer ME, shared his business advice with his story and vision for the South Hampshire Trust.

Veritas works with private and public sector companies to improve their disability support services with the main focus being on the end user of the equipment. For people living with a disability, the use of equipment is essential to enable them to live independently and to make things as easy and comfortable as possible for them in their homes. Richard Hickman, Managing Director of Veritas Procurement Services, explained the importance of considering needs from the perspective of the patient, rather than from a standard criteria list which many commissioning groups and hospitals have, regarding the equipment needed by the end user.

Richard then introduced Phil



Phil Packer ME explains why he went on to found The Veritas Organisation.

Packer ME, who explained his journey as a young person, how he was injured on operational duty and his experiences of coming to terms with both the physical and emotional trauma. He went on to describe why he founded The Veritas Organisation Trust and has been for the last 11 years, who has in Sussex, for young people and as a young charity.

Richard Hickman stated: "Every person is different in that needs and attitudes to the disability and equipment they need. It's important for hospitals

and equipment services companies not to forget that when dealing with people who are more often than not, going through a very challenging time. For Phil to share his journey with us is a humbling and I know many in the audience were inspired by his attitude. But many would face the next challenges with his priority and determination to lead."

Veritas is working with Phil about how it may be able to help identify, commission and provide disability equipment for the NHS trusts.

Farmers' market moves to more central location in Emsworth

THE POPULAR Hampshire Farmers' Market will be moving location in December from its current site at Palmer Road Car Park (the location of the HFM November market) - to the more central South Street car park location on 14th December, which will be the Christmas Festival Market or an extended market running until 20th.

"The Hampshire Farmers' Market will be bringing lots of interesting and a whole new atmosphere to Emsworth providing a wide range of fresh foods and drinks from Hampshire producers providing shoppers with the opportunity to buy the freshest produce, just before Christmas and also to enjoy great quality local produce, home, flowers, Christmas cards and postcards."

Visitors to the market will also be able to enjoy the sights, sounds and tastes associated with the festive season and opportunities to sample Hampshire produce before buying. Plus there is always a large range of interesting and delicious food to go.

Many of the stallholders supply other local spread gift shops and there will also be a range of

traditional Christmas food and drink available including mince pies, roast, turkey, ham, beef, lamb, etc, as well as soup, fish, bread, fruit, vegetables and some food products such as lavender products and candles.

"The new to the new market location will be able to use, sample and see our huge range of local produce that they can enjoy the festive season knowing that it is locally produced and locally sourced," commented Alan Headford, HFM Executive Manager.

The Hampshire Farmers' Market is a community interest, can for profit organisation building regular markets across Hampshire that provides numerous for working benefits, with additional employment created and money kept within the local economy, as well as the reduced impact on the environment.

"Our market stall holders are prepared to supply local, as well as the local economy, as well as the reduced impact on the environment."



inspired by the great value and savings they find from the reduced 'food miles' and no middle man, passed onto the consumer. "We also have regular producers offers on our website and on the day, giving our visitors a really cut-off and vibrant shopping experience with a wider choice of interesting local products" commented Alan Headford.

"The success of our markets is due to the enthusiasm and dedication of our many local working suppliers, as well as the growing interest in buying locally produced seasonal food" commented Alan Headford.

For more information on the Hampshire Farmers' Market, contact the team on hampshirefarmersmarket.co.uk.

Arts & Entertainment

Reviews *New showing of Cineworld Chester*

Thor sequal is smashing for Marvel fans

Thor: The Dark World (4x4)
Running time: 106 mins
Director: Alan Taylor
Starring: Chris Hemsworth,
Natalie Portman



Continuously entertaining superhero sequel that delivers thrills, laughs and emotion in equal measure, thanks to a witty script, superb performances, thrilling action sequences and assured direction from Alan Taylor that gets the tone exactly right

What it's all about

Directed by Alan Taylor, *Thor: The Dark World* is the sequel to 2011's Marvel superhero blockbuster, picking up where movie's first Avengers left off. Thor's ex-lover brother Loki (Tom Hiddleston) is captured on Asgard for his crimes on Earth,



while Thor (Chris Hemsworth) himself has returned peace to the Nine Realms. Meanwhile, on Earth, Thor's girlfriend Jane Foster (Natalie Portman) has unexpectedly witnessed a dimensional anomaly and accidentally absorbs a powerful substance known as the Aether, which, in turn, awakens a race of winged Dark Elves led by Mallick (Christopher Eccleston),

who intends to use The Aether to bring destruction to the Nine Realms (Earth included). Thor duly transports Jane to Asgard to protect her, but his plan backfires when the Dark Elves mount a devastating attack on Asgard. In desperate times, Thor turns to Loki and asks for his help in defeating Mallick. But can Loki be trusted?

The Good

Thor: The Dark World is terrific as Thor, exuding both powerful gladiator and a winning charm, lead with warmth and humour, he also generates palpable chemistry with each of his co-stars, from Hugh Jackman and woodland to Portman and James Alexander's 19th-century love triangle that despoilingly goes wrong. Portman, in turn, is a pleasingly feisty as Jane, while Hiddleston once again evokes the nature film with a wonderful, emotionally compelling performance that allows you to glimpse the pain and heartache underneath the whining, brooding and misadventure (he gets all the best lines).

The supporting cast are equally good, particularly the ever delicious Matt Damon as Jane's scientist Darcy (who gets slightly more time than Jane herself) and, amazingly, still call's themselves 'Mibers'. Jonathan Rhys-Meyers (as Jane's past lover)

actors Ian) and, as a brief, but effective cameo, Chris O'Dowd as Jane's date Richard.

The Great

It would be difficult to suggest that director Alan Taylor led the job purely because of his work on *Game of Thrones*, but that experience is noticeably visible, not least because he gets the tone exactly right, expertly balancing thrills, laugh-out-loud humour, darker themes and powerful emotion. Strikingly, the effects are excellent and the fight sequences are both visually exciting and meaningfully staged, particularly during the action, period. Lookout: director that uses his cinematic licence to magnify effects.

Verdict

This is a Thor-ously happy sequel, noticeably enjoying itself that delivers thrills, spectacle and laughs in equal measure. Highly recommended.

Sky Diary November 2013

By Pete Larkham

Mercury will make a brief appearance as the pre-dawn sky and south low down in the SE.

Nova will dominate the western sky at the start of November, peering up a lovely crescent shape as good horoscopes or small telescopes before it gets properly dark, and setting about three hours after the Sun.

The full planet Mars is another pre-dawn object, rising 10.15 to 10.30 throughout the month.

Great Jupiter is the big star in the east rising around 19.30 as the combination of Gemini, its apparent diameter and brightness increases all the time.

Saturn, although faint, can be seen low down the morning sky and will be very close to Mercury in the 14th. Uranus and Neptune are active

S and SW respectively but are not easy targets.

The Moon goes on and on a guide to finding these planets this month. The crescent Moon is close to Venus on the 4th, close to Jupiter on the 21/22nd, and near Mars on the 27th.

The first peak of the lunar cycle is almost a few weeks a couple of days earlier end of the 13th with a rise at around 10 as hour from half light is the 15th.

We have been treated to a solid eye CCTV camera. Hundreds of small comets trail throughout and around the Sun every year and it is notoriously difficult to predict the brightness. When Comet ISH was first discovered it looked promising but we will have to wait until the end of November/beginning of December shortly after sunset, to find out.

Pinpointing Dates and Dates November 2013

Friday 15	7.30pm	Autumn Stars: Orion and Perseus
Friday 17	7.30pm	The Maps of Jupiter and its Moons
Friday 22	7.30pm	Mercury and Venus: The Inner Planets
Friday 24	7.30pm	The Northern Cross
Friday 28	7.30pm	Reminiscing in Gemini

Tickets Adults £10.00 Children £5.00
Tickets are available to collect at the The Forum, Lower Street, Chester. Alternatively you can call 01477 744600 or ticket hot on 0898 207212 to ensure your tickets (payment by cash or cheque only) on the day.
A map showing our locations can be found at www2.cineworld.co.uk

Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q: CHRIS HEMSWORTH RECENTLY PLAYED WHICH LEGENDARY FORMULA ONE RACING DRIVER IN THE FILM RUSH?

- A. NIKI LAUDA
- B. JAMES HUNT
- C. MICHAEL SCHUMACHER

Send your answer and include your full name, address and a contact phone number to competition@cineworld.co.uk. One lucky winner will be selected at random. Closing time: 12th November 2013 at midday. The winner will be notified later on the day. Last working winner was O. Cheah from Cheltenham Cheltenham Herald employees terms and conditions apply.



Cineworld Chester
Chester City Gate Chester PO11 8EL
01273 335 333

Chichester Harbour Open

ARTISTS of all levels, from beginner to professional are invited to submit their works inspired by Charleston Harbor Area of Outstanding Natural Beauty for an exhibition on Thomas Island later this month.

As long as your artwork has been inspired by Chichester Harbour, then the Conservancy are keen to see it for possible inclusion in the Chichester Harbour Open. The entries can be in any media including photography, drawing, plan, painting, sculpture, ceramics and mixed media.

Jane Lohrweh, Deputy Education Officer and organizer of the event for Gloucester Harbour Conservancy, said: "We have run similar exhibitions for a number of years now and it is always impressive to see how much talent there is in our local community. The exhibition is a great place to display your work, which can also be offered for sale."

Last year the Conservancy delivered 100 events with 1,500 participants.

Full details for authors can be downloaded from www.elsevier.com/locate/bsc



Agreement between the two raters was excellent.

The exhibition will be open to the public at The Station, Thorney Island on Saturday 22nd, Sunday 23rd, Friday 24th and Saturday 25th.

November and on Sunday 1 December. Entry is free of charge. The exhibition has been sponsored by The Friends of Chester Hallam.

 Aldingbourne Trust

QUIZ NIGHT

Friday 15th November at 7pm
Aldingbourne Country Centre

Entry: £12.50 per person, to include meal.
Bring own drinks.

Team Leader goes free!

Teams of 6 people max

Prizes for 1st and 2nd place — Bottle on the Night
To book a team call Nicki Clarke on 07984 102 48

Food & Drink

'Fresh, seasonal, smile-on-your-face food' Great food and personal service await at Bill's Chichester

SITUATED in the heart of the city centre under the beautiful Hunter Market, Bill's offers a unique setting for relaxed dining at affordable prices.

Bill's started business as a small, independent food and vegetable stall in Lewes, East Sussex back in the nineties. Following flood damage in 2000, it moved to a local building where people could sit, drink and eat.

which has since grown to offer more restaurant facilities.

The menu offers a wide variety of dishes from fish and chips and pasta to chicken, lamb and beef, meat dog, lamb, and more.

Market is beautiful, lunch, dinner or just drink, Bill's accommodates all tastes and party sizes. The restaurant style interior gives a contemporary edge different to other

restaurants in the area, which is a relaxed atmosphere that is ideal for family and business alike. Our waiter for the evening was very attentive and knowledgeable and

made a relaxed atmosphere that is ideal for family and business alike. Our waiter for the evening was very attentive and knowledgeable and made a relaxed atmosphere that is ideal for family and business alike. Our waiter for the evening was very attentive and knowledgeable and made a relaxed atmosphere that is ideal for family and business alike.

Bill's is a family-run business, which is a relaxed atmosphere that is ideal for family and business alike. Our waiter for the evening was very attentive and knowledgeable and made a relaxed atmosphere that is ideal for family and business alike.

To finish, we fully recommend Bill's as a place to eat and drink. A delicious and friendly staff.



Macaroni chicken casserole

Macaroni chicken casserole, accompanied by a rich beef sauce. The house red is a smooth and silky French blended merlot, while the white is a crisp and light Chardonnay. Bill's is a family-run business, which is a relaxed atmosphere that is ideal for family and business alike.

Their market menu dominates the premises, from eggs and other produce served on the menu.

to take away and enjoy at home. Booking is recommended, particularly at weekends. Bookings are already being taken for their Christmas menu which will run from 24th November until 24th December. Featuring festive dishes with a classic Bill's twist. Bill's is a family-run business, which is a relaxed atmosphere that is ideal for family and business alike.

Food and Restaurant Review

Put this one forward for a review. A unique and friendly service for a great food and drink. A great place to eat and drink. A great place to eat and drink. A great place to eat and drink.



BRENT LODGE WILDLIFE HOSPITAL

XMAS SALE

16th - 17th November

11 a.m. - 3 p.m.

Entry is by tin of Cat or Dog food, or donation

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Bring the kids to meet Santa!

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www.brentlodge.org

Event supported by Highways Insurance Services Limited

Families struggling to buy fresh food

MORE young families cut back on fresh fruit and vegetables and avoided taking healthy processed food as the recession imposed budget cuts, a new study of 10,000 households has shown.

It showed eating food prices and shopping habits had led people to buy less fruit and choose cheaper products. The Institute for Fiscal Studies and the Food Foundation have published the report.

The children's Food Trust said the report's findings were a "big worry". The report's authors said food purchasing data from 2009 to 2012, showing that it was the impact of the recession.

It found that households spent 10p less on fresh food than in 2009. The report's authors said food purchasing data from 2009 to 2012, showing that it was the impact of the recession.

People also swapped the type of food they bought, shifting from fresh fruit and vegetables to "cheaper" processed food, with a resulting increase in saturated fat and sugar content, the Food

Foundation and the National Quality Standard for Food Foundation report said.

Food prices rose by 10p between 2009 and 2012, while the average household spent 10p less on fresh food than in 2009.

The report's authors said food purchasing data from 2009 to 2012, showing that it was the impact of the recession.

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The link between fermented foods and improved digestion

FERMENTED FOODS are foods that have been through a process of **lacto fermentation** in which natural bacteria feed on the sugar and starch in the food creating lactic acid. This process preserves the food, and creates beneficial enzymes, B vitamins, Omega-3 fatty acids, and various strains of probiotics. Natural fermentations of foods have also been shown to preserve nutrients in food and break the food down to more digestible forms. Thus, along with the benefit of probiotics created during the fermentation process, could explain the link between consumption of fermented foods and improved digestion.

Cultures around the world have been using fermented foods for years, from Sauerkraut in Germany to Kimchi in Korea and miso/tempeh in Japan. Today, with the advances in



Denise Kelly

technology and food preservation, these techniques and traditional foods have been largely lost in our country. Having yogurt, or the controversial healthy bacteria, *lactobacillus*, are not always the best way to get the good bacteria into the gut, and they are often loaded with sugars and unnecessary ingredients.

You can get millions of helpful bacteria in different naturally fermented plant forms. Fermented soy foods are miso, tempeh, natto, shoyu, shoyu and miso. They are really important that you look for

unpasteurized on the label as you leave the bacteria are still alive. In fermentation, the surface is changed radically and becomes easy to digest, while factory-produced soy products such as soy milk, tofu, tempeh, natto, shoyu and shoyu are delicious substitutes, but you justify to avoid buying as antibiotic resistance of soy. Miso is a really healthy food with a complex interesting taste that is wonderful as a sauce and soup. Sweet white and sweet brown miso are fermented for a shorter time and have a lighter, sweeter taste than the darker brown aged miso. Tempeh was traditionally the bread from the top of the jar of fermenting miso and should be eaten first. Home shoyu and shoyu are fermented in a similar way, but from a mixture of soy beans and wheat. Tempeh is a whole fermented soybean



There are not millions of helpful bacteria in different naturally fermented plant foods.

that is a good addition to a variety of dishes when it is fermented and perhaps lightly dehydrated.

The live cultures fermented vegetable products are European vegetable cabbage miso/tempeh and

aging Korean Kim Chi. Make your own or buy them from the dealer as a good health food shop, checking the ingredients carefully, and choose live. It will do wonders for your health.

For health consultation and **Denise Kelly's Food and Health** with Denise Kelly and to find out just what's going on in your body please contact her on **01243 788678** or on **01243 788678**.

Denise Kelly is a **NANT** (British association of Naturalists and the organic) registered **Naturopath** (Naturalist) therapist. She writes **Naturopathy** for a variety of organizations and is a speaker at various events in Chichester West Sussex.

Production

Probiotic is an organism such as bacteria or yeast that are believed to improve health. The idea of taking live bacteria or yeast may seem strange at first, after all we take trillions to light bacteria. But, our bodies certainly have

with such organisms

The digestive system's home bacteria from 500 different types of bacteria. They help keep the intestine healthy and assist in digesting food. They are also used to help the immune system.

Improve the health of your business and you

Find us at Chichester Gate (Off Stockbridge Road) 01243 788678

Nuffield Health
fitness & wellbeing

At Nuffield Health we believe in the importance of our employees. With our 'work-life-balance meet our experts' event on Wednesday 20th November we would like you to register your company for a FREE seven day corporate trial.

THIS November we will be looking at the importance of work-life-balance on your overall wellbeing. As we move into one of the more stressful times of the year now might be a good time to come in and see what Nuffield Health and Wellbeing are all about.

If you manage a business of more than twelve employees within the Chichester area why not register your company with us? We can then arrange a free seven day corporate trial package for you and all your staff.

Our corporate packages will include the use of our fully equipped gym, heated swimming pool, sauna,

steam room/relax all our fantastic classes. We also have our great personal trainers and health advisors on hand ready to help you with your work-life balance related questions.

To register your company please contact us on **01243 788678** and ask for Andrew or Lisa. Our corporate offer ends on the 30th November 2013.



FREE TALK ABOUT MEN'S HEALTH



Come and meet up with your Bro's with Mo's.

Nuffield Health Chichester Hospital invites you to take part in November in support of raising prostate cancer awareness and other male cancers.

Come to our **FREE talk about Men's Health**

When: Tuesday 26th November 2013 Time: 19:30

Where: Studio 1, Nuffield Gym, Chichester Gate,
Chichester, West Sussex PO19 8EL

Call **01243 885 848**
or visit nuffieldhealth.com

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Parents embarrass children twice a day

PARENTS embarrass their children as often as twice a day, a study has revealed. Researchers found that the average parent in the UK embarrassed their child as often as twice a day. The study was carried out by a team of researchers who have to put up with their own or their children's behaviour at least five times per day.

In fact, one in five are ashamed of their parents that they would invite friends over when they know their or their child's behaviour, while one in two completely agree when they are in a public place.

It also emerged that Kate Winslet, who has just given birth to her fourth child, Ed, has been named the most embarrassing celebrity parent.

Prime Minister David Cameron was also among the most embarrassing, with coming second behind Tony Blair.

Thirty-five of 1,000 children aged six to 16 said that they often felt embarrassed by their parents, with the things they say most likely to cause their offspring red-faced.

A third of children caught at their parents' secret habits, while another one in three is ashamed by their dress sense.

One in four said they often embarrassed their parents, while one in five said they are embarrassed at how they are as

Cuddles come top when it comes to the little things that cheer us up

MODERN MEN now enjoy a cuddly middle as much as women do, new research has revealed. A limited study found that men being touched by women who lack their feelings, want men to get happy to admit they frequently need a cuddle and their busy lifestyle and hectic work schedule.

Other things which men now have to be in the hour of need are music, food or sex and get together with friends.

As well as the above, men also admitted they need for a cup of tea when they are angry, while during a fight in the phone and watching their favourite TV programme also helped highly.

Overall the researchers say men are more likely to kick the kettle on the floor or go on a drunken drink to deal with stress.

Thirdly, in the little things that improve our mood was named as among 1,000 adults by ASA.

Spokesman Chris Jones, said: "We know it's the little things that cheer us a lot more than we often make assumptions that we need grand gestures to have our mood as good as other up but that shows that everyday little things are what really cheer the difference."

And psychologist Donna

Duncan added: "Little things mean a lot to a lot of people, and many of them are free walking solutions or listening to our favourite music both work by calming us through using our sense of sight, sound, smell and taste."

"And laughing our stress out, in fact, left our spirits, especially on those dark miserable days of winter."

"It's touch is the most powerful sense of them all, the hug is the most powerful of them all, the hug is the most powerful of them all."

"We know the hug is the most powerful of them all, the hug is the most powerful of them all, the hug is the most powerful of them all."

"We know the hug is the most powerful of them all, the hug is the most powerful of them all, the hug is the most powerful of them all."

Other things that make the top ten and added spending one-on-one time with a partner, comfort food



and a cold or hot from a relative. Of the things that didn't make the top ten, alcohol came in at 11th place.

The traditional list both took 11th place and, despite being known for being the most powerful of them all, the hug is the most powerful of them all.

The study also found the people we most go to on bad days, with 41% of people saying it was their mother, the most powerful of them all.

However, men said their partner slightly more supportive than women do with 41% of men, versus

41% of women, stating they are the most supportive of them all.

That is the last case of a last friend, with 11% of men and 11% of women stating that they are their first choice of support. This is the last case of a last friend, with 11% of men and 11% of women stating that they are their first choice of support.

By contrast, 11% of men and 11% of women stating that they are their first choice of support. This is the last case of a last friend, with 11% of men and 11% of women stating that they are their first choice of support.

Horoscopes

June 23 - March 20, 2009

Physical and mental change is ahead. Perhaps your friends are looking for you to be a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

March 20, 2009 - 11 May

There could be a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

October 23 - May 14, 2009

Life is a journey, and you are on it.

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

June 21, 2009 - 21 July

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

Jan 23, 2009 - 21 Feb

Life is a journey, and you are on it. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

There could be a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

May 21, 2009 - 21 June

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

March 21, 2009 - 21 April

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

There could be a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

September 21, 2009 - 21 Oct

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

November 21, 2009 - 21 Dec

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

There could be a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

December 21, 2009 - 21 Jan

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.

January 21, 2010 - 21 Feb

You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life. You are looking for a change to your past life.



By George! 2014 is year of The Georgians



along MURKIN the youth
incubators of the accession to the
throne of George I. From theater-
going and racing and dining to
strolls through museums, English
Country Gardens, Westfield Road
rounds up the most tradition-based
excursions from the 18th century.

† *Wetmore, B. and Pollock*

[illegible]

For another Georgian experience altogether, visit the restored, five-story of King George III with a view to the royal retreat of Kice Palace. Tour the Princesses' bedrooms and the dining room's chambers before taking part in a royal walk through the grounds. World Heritage Site. Paved in the 18th century Georgian, look out for the ancient oak of the Georgian

Herbert Folson and the gardens
at Rushmore House.

Don't miss Shaw's Gardens and its striking notunda, rapped right out of Proke and Propulsion for someone between Mr Darcy and Emma, and the gardens at Bosworth House, a beautiful example of Georgian architecture in Wiltshire with extensive Capability Brown designed grounds.

Free download

The stylish Georgians loved a shopping spree. From Eiling London's Regent Street with the designer of the day – a tradition not lost – to jaunts to the trendy up-brooks of Kensington, the fashionable was courted under the Georgians. Re-create the ambience with a real toffish, which becomes a popular spot between the Georgians. Here, customised boys and girls will find designer boutiques and exotic Georgian interiors.

open counterparts at Millers Place. Take a break from Elling bags and increasing waistlines by bathing in the city's natural thermal waters, just as they would have in the 16th Century. While you're looking for the past and in the mud, set, take part in some traditional dancing at a Regency Ball during the annual Jule, Jule, Festival.

For a first-timer, we have the original *West End*, a town first used in the 16th Century. Developed originally as a series of palaces, magnificent town houses and fashionable shops, the town of London was created as a hub of entertainment that still creates today. Just known for the theatres of England's iconic Theatreland, our tradition of going to the theatre can be attributed to the 17th-century Catch-a-lion at one of these bustling buildings to channel the mystery and excitement of

...of the ...

To discover more about the Geoporgians and what they did for us, don't miss the upcoming exhibition at the British Library, which opens on 10 November. Mail: johnson@britishlibrary.org; www.bl.uk/geo

For more literature suggestions,
visit www.mhhe.com



With myriads of waterfalls cascading recently named the Best City To Visit in America by *National Geographic*, Ponce, or the "City of Light," is one of the most visited sites in the world. Ponce sits on a volcanic island, world-class museums and galleries, to designer shopping, heart-robust beach and so many things to do in Ponce, which makes it a top favorite of Ponce's distribution in the heart of millions of tourists. For those who are spending only about few days in the city, it is difficult to experience everything, the classic city has to offer. There are a few suggestions and tips from Alpha Holidays. Looking to enjoy the most from your Ponce stay.

Pure Internet access? Charles De Gaudin at Mount Johns Road East of the city. One of the cheaper ways to get to the other end of the island taking the airport shuttle bus "Compass" which averages €10 per person. The one-hour bus journey takes passengers right into the heart of the city, where (from morning till noon) Open House is located. Pure underground network, or metro, is used as it is a very convenient way of getting around in the top tourist locations of the capital. Tickets cost €1.50.

"Cover" (Cyg-9) can be bought as a discounted price, which may work out to be more economical than the unlimited Pure Wines Plus option. (Unleash Cyg-9!) especially for low-budget travellers.

[illegible]

How to make the most of a Paris city break in just 3 days



Passif (a-day pass costs \$35) which includes the entry to over 60 museums and monuments, including Arc de Triomphe, Notre-Dame, Les Invalides and Pantheon, as well as the museum mentioned above. It also allows pass holders to skip the queues which would prove invaluable when times are hot.

To many, the Eiffel Tower, or Tour Eiffel, is the symbol of Paris. Visitors can jump the queue at the top by taking the express elevator. The long drop and heavy structure that could be anything apart a tower was built by using twisted tubular girders. In their final models, the main part of the steel tubes are locked up monolithically. However, a very small number of tubes do get released under spin so that the tower can oscillate, rather than risk shattering. These tubes are available for those who prefer not to go up the tower. A fantastic rooftop party for viewing from a distance is the Palais de Chaillot at Trocadero. This is also a perfect place to read afternoon, when the tower comes alive with thousands of twinkling lights for just a couple weeks before the tower

[illegible]



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Motors

Cool winter savings on Alto - available for less than £6,000



equipped with an automatic gear setting, of 45. Even the entry level SE model is equipped with front electric windows, central locking and CD. There is a standard equipment.

Search to

9,000, will focus on the actual car experts, but also good news for winter for customers looking to purchase a new Alto as the popular VVT five outspace has now been extended until the end of the year. All four Alto models are included and the SE model is again available at £5,995 representing a £2,000 saving on list price.

Alto is a small pocket car or choice for your or better than it is often way less cost of ownership with no annual road tax today thanks to CO emissions of 99g/km, standard fuel consumption of

also continuing the flexible PCP (Personal Contract Plan) offer on Alto until the end of the year. Alto SE is available for a deposit of just £100 followed by 41 monthly payments of £100 with the option to pay a final balloon payment of £1,995 at the end of the agreement to keep the car.

Search is currently the second fastest growing brand in the UK with a strong sales momentum so far in 2009 and the prospect to close 2009 at 300,000 units, an increase of 15,000 units over 2008.

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A perfect polished Christmas with Autoglym



a collection of five Autoglym gift boxes comprising 10 luxury products, guaranteed to keep your loved ones happy and into the New Year. Each gift pack has been devised by Autoglym to ensure the highest quality products across bodywork, wheels and interior.

The gift boxes start from just £24.99 for the Perfect Interior Collection, which features Interior Shampoo, Wheel & Rim Cleaner and

care expertise and endorsements from some of the best British car manufacturers, including, Bentley, Jaguar and Maybach, as well as the Royal Warrant. Autoglym is guaranteed to please even the hardest to buy for. Customers can benefit from the perfect performance of Autoglym's products to clean, polish and protect all areas of their car.

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- Perfect Wheels (SEPP) £24.99 - including three products
- Perfect Bodywork (SEPP) £24.99 - including three products
- Perfect Bodywork & Wheels (SEPP) £24.99 - including three products
- Perfect Bodywork, Wheels and Interiors (SEPP) £24.99 - including three products

All of Autoglym's car care products can be bought online at autoglym.com, or at most leading car care retailers, including Halfords.

NEED JUST 20 winter to get before Christmas Day, the perfect time to start thinking about what to buy your car loving friends and family.

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From a complete car care to glossing alloy wheels, the UK's leading car care expert has created

newly formulated, Car Glass Polish with auto polishing properties.

For those who desire something extra special this Christmas, the Perfect Bodywork, Wheels and Interiors collection (SEPP) £24.99 includes three products, including some of Autoglym's most sought-after formulas and provides an ideal present for your car-loving friends and relatives.

Autoglym CEO, Paul Collier said "With over 40 years of car

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Sport

Football

Gromett's late strike earns point

Saturday 3 November 2013
Sussex County League
Division One
Chichester City 2-1 Newhaven

By Chester Thornton

A LATE GOAL, from Joe Gromett saved Chichester a 2-0 draw against Newhaven in an exciting match of changing fortunes.

City, who were playing against a formidable rival in the first half, took the lead after an intricate set-piece with goal from Morgan Perry. The ball swung into the left from an opponent on the edge of the box and then swivelled round to ride on an unstoppable shot for his fifth goal of the season.

Newhaven, who were missing their regular strike pairing of Tyler Goodwin and Evan Allou, took time to work their way into contention. On aggregate a

near cross-field ball found Lee Robinson who had a deer run in front of him, but his angled shot was narrowly wide.

And then right on the stroke of half time the Dockers drew level. The Chichester defenders forced themselves stretched during a period of sustained pressure and when the ball was centred out of a bunch of players to the stranded Mark Probert he had no trouble converting - despite a last-ditch attempt to clear.

Speculators were treated to aggressive attacking football throughout the second half. A Newhaven move on 70 minutes finished with the ball hitting the post and rebounding away off keeper Anthony Ender.

City weren't so fortunate three minutes later when Newhaven player Jason Rhodes squared the ball to Jeremy Probert, whose shot took a deflection and swung

straight into the net.

Dodder's late goal was well deserved, a powerful shot from Alex Jones in 60 minutes, the follow-up going agonisingly wide with the keeper still lying on the ground.

The turning point of the game arrived with systematic set-piece work. Robinson went down in the box despite there being minimal contact, but justice was done when Probert's spot kick was fired over the top.

Had it gone in, there would have been no room for Chichester but instead they went on a threatless assault during the closing stages, with Gromett coming known for his robust Newhaven defence.

On aggregate Gromett's finishing ball somehow forced a push through a crowd of players for the equaliser straight from the



corner the area was changed at the opportunity but a throw and his shot went just outside the post.

By now, the Dockers' players were looking and Fraser Smith squandered one last attack with Gromett in full deployment. For a moment it seemed Chichester had clinched an incredible victory with Gromett easily netting the fifth goal, but the referee's flag came to Newhaven's rescue and miraculously after the final whistle sounded.

City: Ender, Hurd, Price, Gally, Bonfield, Standford, Tolson, P. Smith, Burdick, Jones, Perry. Subs: Gromett, Crooks, Hulse.

Sussex County Football League Tables

Division One

Team	P	Pts
1 EAST PRESTON	12	27
2 BRIGHTON	12	27
3 LITTLEHAMPTON TOWN	12	26
4 BRIGHTON & HOVE	12	21
5 LINGFIELD	12	20
6 CHICHESTER DISTRICT	12	20
7 SEVEN	12	19
8 BRIGHTON & HOVE	12	19
9 EAST HAMPTON TOWN	12	18
10 BRIGHTON	12	18
11 EAST UNITED	12	15
12 ST FRANCIS RANGERS	12	15
13 CHICHESTER CITY	12	15
14 POLARIS	12	12
15 ARADALE	12	12
16 CHICHESTER	12	11
17 NEWTON	12	9
18 FALCON	12	8
19 BRIGHTON TOWN	12	8
20 WORTHING UNITED	12	3

Division Two

Team	P	Pts
1 EAST TOWN UNITED AFC	12	24
2 LONDON	12	24
3 STEVENAGE	12	21
4 BRIGHTON & HOVE TOWN	12	20
5 LITTLE COMMON	12	20
6 BRIGHTON HEATH	12	19
7 BRIGHTON UNITED	12	19
8 HILLDALE	12	19
9 AFC OCKING	12	18
10 WICK & PARK UNITED	12	17
11 BRIGHTON	12	15
12 STAMFORD	12	14
13 WESTBURY	12	9
14 BRIGHTON	12	7
15 SALFORD UNITED	12	4
16 SEAFORD TOWN	12	4
17 BRIGHTON & HOVE	12	4

Division Three

Team	P	Pts
1 LONDON UNITED	12	24
2 BRIGHTON	12	24
3 BRIGHTON	12	24
4 BRIGHTON	12	24
5 BRIGHTON	12	24
6 BRIGHTON	12	24
7 BRIGHTON	12	24
8 BRIGHTON	12	24
9 BRIGHTON	12	24
10 BRIGHTON	12	24
11 BRIGHTON	12	24
12 BRIGHTON	12	24

Football

City hammer the Wombles

Sunday 3 November 2013
FA Cup 3 Qualifying Round
Chichester City Ladies 8-1 AFC Wimbles

LAST PRESSED was the start of Chichester City Ladies FA cup campaign. Chichester entered the competition at the first qualifying stage knowing a win would see them in the first round proper. AFC Wimbles' development squad were the opponents after missing in their previous first qualifying rounds.

Chichester started the game slowly and were put under pressure by the home attacking players for the first 10 minutes of the game.

The deadlock was finally broken on 10 minutes when a Chichester corner was cut clear and Lauren Chichester put the ball in the net with a volley over the top of her head. After the restart Chichester continued their dominance and created several good scoring opportunities

from both forward players and midfielders as the only thing missing was the finish. With the amount of chances being created by Chichester it was only a matter of time before the second goal came. Chichester again came up with the goods scoring a fine volley with the outside of her foot after some excellent build up play throughout the Chichester midfield.

Another, who was working tirelessly upfront, then had several chances to get on the scoreboard herself but a combination of good goalkeeping and strong defending kept her off target. City's dominance continued as they scored their third goal, with the goalscorer scoring a fine volley with the outside of her foot after some excellent build up play throughout the Chichester midfield.

The second half began much as the first half had ended with Chichester enjoying the lion's share of possession in the Wimbles' half.



City left right past their opponents to progress in cup

half. Powell and Wimbles both had impressive half displays in the middle and were combining well to make them the danger for the Chichester forwards. The fourth goal again came from another with a great strike from the edge of the box that flew into the top right hand corner. Chichester and Wimbles soon completed four but trials and pit Chichester a cup.

With Chichester again front there was still no sign of them taking their foot off the gas. Still, a substitute for the Wimbles in response, scored Chichester's seventh with a fine

individual effort, showing a run in her own half past several opponents and coolly placing the ball into the bottom corner of the net. It was then left to Wimbles to get her fourth and Chichester's eighth with a freekick from the right hand side, dipping the post and into the net.

A fine Chichester performance and one that saw them into the next round of the FA cup where they will face Chichester City Ladies at home on a December. The team are back to begin play this weekend and head to the FA Cup on Sunday.

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